

## PHYSICAL EDUCATION

### Programme Specific Outcomes

Programme offered by the Department	Outcomes
B.A. Programme Course (General)	<p>PSO1: Students will develop critical-thinking skills necessary to understand, analyze, and produce knowledge specific to Physical Education, Health and Sports Science.</p> <p>PSO2: Select and create learning experiences that are appropriate for curriculum goals, relevant to learner, show evidence of sequential learning incorporate modifications for variations in learning styles and performance based on the principles of effective learning.</p> <p>PSO3: Competence in movement skills, analyze the performance of motor skills particularly team and individual sports activities and rhythms.</p> <p>PSO4: To describe and apply physiological and biomechanical concept related to skillful movement, movement patterns, motor development and motor learning.</p> <p>PSO5: To maintain a health enhancing level of fitness throughout the program as well as be able to collect and analyze personal fitness data.</p>

**B.A.Programme (General)**

<b>Semester</b>	<b>Course Code</b>	<b>Course Title</b>	<b>Outcomes</b>
<b>I</b>	DSC1	Foundation and History of Physical Education	After completion of the course the learners will be able to: <ul style="list-style-type: none"><li>• Explain the meaning, nature, scope and aims of Physical education.</li><li>• Discuss the meaning and scope of Physical educational &amp; Sports.</li><li>• Explain the factors of Physical education and their relationships.</li><li>• Explain the concept of growth &amp; development.</li><li>• State the educational Philosophies of Yoga Pranayama, Hatha yoga&amp;Patanjali yoga sutras</li></ul>
<b>II</b>	DSC2	Management of Physical Education and Sports	After completion of the course the learners will be able to: <ul style="list-style-type: none"><li>• Explain the meaning, nature, scope and aims of Sports Management</li><li>• Define the types of tournaments.</li><li>• Explain the method of calculation of Athletic Track and field</li><li>• Explain the concept of importance, care and maintenance of sports equipments.</li><li>• Define leadership &amp; qualities of good leader in Physical Education.</li></ul>
<b>III</b>	DSC3	Anatomy, Physiology and Exercise Physiology	After completion of the course the learners will be able to: <ul style="list-style-type: none"><li>• Explain the meaning, scope and aim of Anatomy, Physiology and Exercise Physiology.</li><li>• Classify the location of bones and joints, Anatomical differences between male and female.</li><li>• Explain the mechanism of blood circulation through heart.</li><li>• Explain the factors of blood pressure, Athletic Heart and Bradycardia</li><li>• Explain the concept of effect of exercise on respiratory system.</li></ul>
<b>IV</b>	DSC4	Health Education, Physical Fitness and Wellness	After completion of the course the learners will be able to: <ul style="list-style-type: none"><li>• Explain the meaning, nature, scope of dimension of Health.</li><li>• Discuss the meaning and scope of objectives and principles of Health</li></ul>

			<p>Education.</p> <ul style="list-style-type: none"> <li>• Explain the factors of Nutritional requirements for daily living, Balanced diet &amp; Athletic diet.</li> <li>• Explain the concept of management of sports injuries- Sprain, Strain, Fracture and Dislocation.</li> <li>• Explain the concept of management of sports injuries through the application of Hydro-therapy and Thermo-therapy.</li> </ul>
V	DSE1	<p>a) Tests, Measurements and Evaluation in Physical Education</p> <p style="text-align: center;">OR</p> <p>b) Sports Training</p>	<p>After completion of the course the learners will be able to:</p> <ul style="list-style-type: none"> <li>• Explain the Concept of test, measurement &amp; Evaluation.</li> <li>• Discuss the meaning and scope of Criteria of good test.</li> <li>• Explain the Concept of method of measurement of body Fat.</li> <li>• Explain the concept of Kraus-Weber Muscular Strength Test.</li> <li>• Discuss the method of Lockhart and McPherson Badminton Skill Test</li> </ul> <p>After completion of the course the learners will be able to:</p> <ul style="list-style-type: none"> <li>• Explain the Aim and characteristics of Sports Training.</li> <li>• Discuss the Training Methods i.e; Circuit Training, Interval Training &amp; Weight Training.</li> <li>• Explain the factors of training load.</li> <li>• Explain the causes, symptoms and tackling of over load.</li> <li>• Describe the means and methods of strength development.</li> </ul>
	GE Paper 1	Modern trends in Physical Education and Sports Sciences	<p>After completion of the course the learners will be able to:</p> <ul style="list-style-type: none"> <li>• Explain the meaning, nature, scope and aims of Physical education.</li> <li>• Discuss the Difference between physical fitness and motor fitness.</li> <li>• Explain the factors affecting growth and development.</li> </ul>



			<p>and Dislocation.</p> <ul style="list-style-type: none"> <li>• Explain the concept of Lean Body Mass (LBM) - and method of measurement.</li> </ul>
III / V	SECP1	<p>III- Gymnastics /</p> <p>V- Archery, Combative Sports and Adventure Sports</p>	<p>After completion of the course the learners will be able to:</p> <ul style="list-style-type: none"> <li>• Explain the meaning, nature, scope and aims of Gymnastics in Physicaleducation.</li> <li>• Perform basic element of floor exercise continuously in the same sequence.</li> <li>• Perform semi advance element on floor.</li> <li>• Perform semi advance element on vaulting table.</li> <li>• Perform advance element on parallel bar (men) &amp; Balancing beam (Women)</li> </ul> <p>After completion of the course the learners will be able to:</p> <ul style="list-style-type: none"> <li>• Perform Transfer and Hold Aim, Expand Release and Follow Through</li> <li>• Perform Katamewaza: Osaewaza, Shimewaza, KansetuwazaAtewaza: striking manoeuvres by Hand, elbow, Knee, foot and heel.</li> <li>• Perform Stance-Sogui: Attention stance, closed stance, walking stance, back L-stance, Parallel Stance, Rear foot Stance, Fighting stanceHand attack: Closed hand strike-jireugi, Open hand technique-chigiKick- chagi: front kick, side kick, back kick, Roundhouse kick, Reverse side kick, hook kick, Axe kick, spin kick</li> <li>• Perform PositionMotionChanging levelsPenetration LiftingBack stepBack arch</li> <li>• Perform Stance- Dachi: Front Stance, Horse stance, Parallel stance, Cat Stance. Punches-Zuki: Middle Punch, Upper Punch, Lower Punch, Side Punch.</li> <li>• UnderstandTrekking/Hiking/Camping/ Rock climbing/ Artificial Rock Climbing</li> </ul>

IV / VI	SECP2	<p>IV- Track and Field /</p> <p><b>Ball Games (any two)</b>Football/ Handball/Basketball/ Volleyball/ Netball/ Throw ball</p>	<p>After completion of the course the learners will be able to:</p> <ul style="list-style-type: none"> <li>• Perform Standing start and Crouch start (its variations) use of Block.</li> <li>• Perform Baton Holding/Carrying, Baton Exchange in between zone, and Finishing. (Visual &amp; non Visual)</li> <li>• Perform Long Jump: Approach Run, Take-off, Flight in the air (Hang Style/Hitch Kick) and Landing.</li> <li>• Perform Shot put: Holding the Shot, Placement, Initial Stance, Glide, Delivery Stance and Recovery (Perry O'Brien Technique).</li> <li>• Perform Rules and regulations of Athletics, use of score sheets and officiating.</li> </ul> <p>After completion of the course the learners will be able to:</p> <ul style="list-style-type: none"> <li>• Perform Kicking: Kicking the ball with inside of the foot, kicking the ball with Full Instep of the foot, kicking the ball with Inner Instep of the foot, kicking the ball with Outer Instep of the foot and Lofted Kick.</li> <li>• Perform Catching, Throwing and Ball control, Goal Throws: Jump shot, centre shot, Dive shot, Reverse shot.</li> <li>• Perform Passing: Two hand Chest Pass, Two hands Bounce Pass, One hand Baseball Pass, Side arm Pass, Overhead Pass, Hook Pass.Receiving: Two hand receiving, one hand receiving, Receiving in stationary position, receiving while jumping and receiving while running.</li> <li>• Perform Service: Under arm service, Side arm service, Tennis service, Floating service Pass: Under arm pass, Over head pass.Spiking and Blocking.</li> <li>• Perform Skills in Raiding: Touching with hands, Use of leg-toe touch, squat leg thrust, side kick, mule kick, arrow</li> </ul>

			<p>fly kick, crossing of baulk line. Crossing of Bonus line.</p> <ul style="list-style-type: none"> <li>• Perform Skills in Chasing: Sit on the box (Parallel &amp; Bullet toe method), Get up from the box (Proximal &amp; Distal foot method), Give Kho (Simple, Early, Late &amp; Judgment), Pole Turn, Pole Dive, Tapping, Hammering, Rectification of foul.</li> <li>• Perform Basic Knowledge: Various parts of the Racket and Grip. Service: Short service, Long service, Long-high service.</li> <li>• Perform Basic Knowledge: Various parts of the Racket and Grip (Shake Hand &amp; Pen Hold Grip). Stance: Alternate &amp; Parallel.</li> </ul>
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